



National Aeronautics and Space Administration, John F. Kennedy Space Center

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URL: <http://ksbulletin.ksc.nasa.gov/>

DEADLINE FOR OFFICIAL/UNOFFICIAL/PERSONAL NOTICES IS WEDNESDAY, 9 A.M.

OFFICIAL

FLAGS AT HALF STAFF: The flags of the United States flew at half staff at the Kennedy Space Center on October 20, 2004, in honor of Mr. Ronnie M. Spurgeon, a Printing Supervisor with InDyne, Inc. Mr. Spurgeon died on October 16 and his funeral was October 20. (TA-G)

INSPECTOR GENERAL: The Office of Criminal Investigations (OCI) is the investigative arm of the NASA Inspector General (IG). The OCI is an independent entity and reports directly to Robert Cobb, the NASA IG, in Washington D.C. The primary mission of this component is to conduct criminal and civil investigations of reported or suspected fraudulent acts by employees, contractors, and others relating to the administration of NASA contracts and programs. Although emphasis is placed on major procurement fraud, (particularly allegations of defective/substandard parts, mischarging, kickbacks, bid rigging, and research fraud), investigations are also conducted of theft, conflict of interest, environmental and hazardous waste violations, health care fraud, and computer related crimes. OCI also provides fraud briefings for Government and contractor employees that are designed to highlight potential risks concerning fraud and related matters. Suspected violations can be reported by calling 867-4714 locally, the toll free Hotline at 1-800-424-9183, or by writing NASA Inspector General, P. O. Box 23089, L'Enfant Plaza Station, Washington, D.C. 20024. The OIG Cyber-Hotline can be accessed at www.hq.nasa.gov/office/oig/hq (OIG)

ENVIRONMENTAL & ENERGY AWARENESS PLANNING MEETING: November 4 the Environmental & Energy Awareness Team is ready to plan the 2005 activities for next year's EEAW in celebration of Earth Day. If you would like to participate in the planning activities, join the team on November 4, at 10:00 am. in the O&C building/room 1055. Your help and new ideas will make next year event another success! If you cannot make the meeting and would like to participate in the planning activities, call John Ryan at 867-8413 or Barbara Naylor at 867-8452. POC: Environmental & Energy Awareness Group/TA-C3/867-8413/867-8452. (TA-C3)

REPORTING EMERGENCIES: To report any emergency on KSC, whether it is fire, security, or medical related, (including possible hazardous commodity exposure); dial 9-1-1 or 867-7911 from a cell phone. For walk-in type first-aid treatment, the Occupational Health Facility is open Monday - Friday from 7:00 am to 5:00 pm, and the Launch Area Clinic is open Monday-Friday 7:00 am to 3:00 pm. Hours other than those, call 911 for emergencies and/or first aid type treatment. **After normal working hours, the non-emergency medical related assistance will be coordinated through the 9-1-1 operators.** (TA-G)

EMPLOYEE ASSISTANCE PROGRAM: All employees are reminded that the Employee Assistance Program offers free, confidential counseling to all Kennedy Space Center and Cape Canaveral Air Force Station employees. Appointments are necessary to ensure adequate time. This program is available Monday through Friday, 7:30 am to 4:00 pm. Appointments may be made by calling 867-7398. (TA-C2)

MASSAGE THERAPY FOR ALL SPACEPORT EMPLOYEES: Tuesday - Friday, 10:00 am - 4:00 pm (hours can be flexible). 30 minute massage only \$20.00 until December 31, 2004. Gift certificates are available. Call Valerie Jaramillo, LMT #19362 at 867-4762 or email JaramVS@kscems.ksc.nasa.gov (TA-C2)

KSC FITNESS CENTER: A new [Group Fitness Class Schedule](#) has begun as of October 11th and will run through December 31st. In addition to our usual aerobic, resistance training, yoga, and Pilates classes, we are also offering a couple of new classes this quarter including [Karate](#) and [Yogalates](#). The Karate class covers practical applications of techniques from several martial arts styles. The Yogalates class combines the techniques from both the ancient studies of yoga, as well as the more modern concepts of Pilates. New schedules and class descriptions are available at both the O&C and OSB facilities. **COME JOIN THE FUN! WE LOOK FORWARD TO SEEING YOU!** (TA-C2)

INFLUENZA VACCINE TEMPORARILY UNAVAILABLE: Medical has dispensed its initial supply of available flu vaccine. Additional deliveries are expected by the end of the month. A notice will be posted. (TA-C2)

HEALTH EDUCATION AND WELLNESS PROGRAM (HEWP): The KSC/CCAFS Health Education and Wellness Program (HEWP) is starting a Women's Health Program consisting of monthly women's health topics and issues. Since **October is Breast Cancer Awareness month** we will kick off the program with a focus on breast cancer this month. Come by the OHF for educational materials and information on breast cancer prevention, mammography site information, and self-breast exams for yourself or others. We would appreciate your input on other topics you would like addressed in the Women's Health Program. Please contact Heather Torbett at 867-4566; email Heather.Torbett@jbosc.ksc.nasa.gov or Kris Calderon, 867-3414; e-mail Kristine.Calderon@jbosc.ksc.nasa.gov (TA-C2)

NUTRITION TIP: What Do Food Labels Really Mean? Have you ever wondered what the terms *low fat* or *reduced fat* mean? Are they the same? It can be somewhat confusing. The FDA (Food and Drug Administration) regulates and defines the use of the terms concerning certain nutrients, and the Manufacturers may use these terms to lure your attention to foods that are low or high in certain nutrients. It is important for you to learn how to read all of the information provided by the food label. Pay close attention to the part entitled *Nutrition Facts*, which will provide you with information about the amount of nutrient per serving that you are getting from a particular food.

Food Label Claim; What It Means; Other Terms Used:

Examples: Free; Free of nutrient, or an insignificant amount; Without; Trivial Source of; Fat Free: 0.5 g or less; Sugar Free: 5 mg or less; Good Source; Must contain 10% to 19% of Daily Value for nutrient; A good source of fiber; Fiber: 2.5 to 4.75 g; High; Must contain 20 % or more of Daily Value of nutrient; Excellent Source; Rich in; High in; Fiber: 5 g or more; Reduced; Must contain at least 25% less of calories or a nutrient than the regular food; Less; Fewer; Reduced fat; Reduced sodium; Fewer calories; More; Must have at least 10% more of the Daily Value for a nutrient of the reference food; Fortified; Enriched; Added; Enriched with iron; With added calcium.

Title: Nutrient Claims on food labels: What do they mean?

Source: MayoClinic.com

Website: <http://www.mayoclinic.com/invoke.cfm?objectid=8F27CA10-A8A0-40B9-A59E79BC4A90BA03> (TA-C2)

**** REMAINING CARDIOVASCULAR DISEASE (CVD) SCREENING SCHEDULE**:** Due to lack of clinical space remaining in the former Cape Area Clinic (CAC), CVD screenings will no longer be offered at the CCAFS. To accommodate this change, screenings will be offered for a 2-hour time period on those months previously scheduled for the CAC. The new schedule is as follows:

Date	Place	Time
Wednesday, December 8 th	OHF	7:00-8:00 am
Thursday, December 9 th	LAC (MFF)	7:00-8:00 am
OHF – Occupational Health Facility (M6-495, Industrial Area @ KSC)		
LAC (MFF) – KSC Launch Area Clinic (Multi-Functional Facility @ KSC)		

The 2-page CVD questionnaire can be picked up at any medical facility. The questionnaire can also be downloaded from the SGS home page/forms: <http://ksbcoc-forms/KSCForms2/ref/KSC28-1010.itr> This form can be filled out on-line and then printed. Please print each page separately. You must fast for 12 hours prior to coming to the screening (nothing but water). (TA-C2)

OCTOBER'S VISION SCREENING SCHEDULE: No appointment is necessary. Visit the OHF during this time and ask for a vision screening.

Tuesday	October 26	11:00 am-1:00 pm	OHF
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STRESS MANAGEMENT WORKSHOP: Any employee group can request delivery (at any time of the year, during the workday) of a newly developed, interactive workshop designed to teach employees how to handle stress at their workplace and in their lives. The workshop can be condensed to 30 minutes or extended to more than an hour for optimizing coping and relaxation skills. Example of topics and skills covered in this workshop can include:

- Identifying stress triggers
- Learning about the body's response to stress
- Learning "Portable" relaxation techniques
- Stress perception

Kris Calderon, PhD, CHES, BCIAC, KSC/CCAFS Health Education Administrator will be offering this workshop. Kris is certified in biofeedback and has used relaxation training for stress management in her teaching, service, and research. If interested, please contact her at 867-3414 or e-mail at Kristine.Calderon@jbosc.ksc.nasa.gov for more information. The workshop can be delivered in any worksite setting. (TA-C2)

COLORECTAL CANCER SCREENING: Small amounts of blood in your stool, which can be detected with hemoccult slides, can be an indication of colorectal cancer. Hemoccult slides and instructions are available at all medical facilities during hours of operation. (TA-C2)

WORKSITE LECTURES: Work-site lectures on any health subject and requests for health information or counseling are available upon request to Kris Calderon, phone: 867-3414, e-mail: Kristine.Calderon@jbosc.ksc.nasa.gov (TA-C2)

KSC LIBRARY–INTERNET RESOURCES: [Applied Science and Technology Index](#) and [Business Periodicals Index](#) are now available on the World Wide Web from KSC networks at <http://wilsonweb2.hwwilson.com/autologin/> For assistance call 867-3600. (TA-E1)

KSC LIBRARY NEW BOOKS: The following new books are available for loan from the KSC Library. If you need any information, please call 867-3600, visit the Library in HQ, Room 1301, or e-mail to **KSCLibrary@jbosc.ksc.nasa.gov**

Biomimicry for Optimization, Control and Automation, #583291
Galaxies and the Cosmic Frontier, #583168
Jane's Crisis Communications Handbook, #583382
Online! The Book, #583200
Physics Companion, #583218
Range Rats at Sea: Tracking Satellites, Sailing the Tropics, and Searching for the Sybaritic Life, #583234
Risk Management: Tricks of the Trade for Project Managers, #583283
Rocket Team, #583143
Second Information Revolution, #583226
Sigma 7: NASA Mission Reports: The Six Orbits of Walter M. Schirra, #583259
Splashdown: NASA and the Navy, #583267
Understanding and Using Scientific Evidence, #583184

The following new reference books are available for use in the HQ Library, Room 1301, and are not available for loan:

Florida Almanac 2004-2005, #583341
Jane's Space Directory, #583390

To search the Library's on-line catalog go to: **<http://nasagalaxie.larc.nasa.gov/>**
For questions, call 867-3600 or **<mailto:KSCLibrary@jbosc.ksc.nasa.gov>** (TA-E1)

KSC LIBRARY NEW DOCUMENTS: The following documents are available for loan from the KSC Library Documents, Specifications and Standards Department, HQ Room 1124, or by calling 867-3613.

FAA-H-8261-1: Instrument Procedures Handbook
NASA-CR-211527: NASA/ASEE Faculty Fellowship Program, John F. Kennedy Space Center, and University of Central Florida: 2003 Research Reports
NASA-SP-4407-Volume-6: Exploring the Unknown: Selected Documents in the History of the U.S. Civil Space Program
NASA-SP-4503: Apollo: A Retrospective Analysis
NASA-TM-211524: Debris/Ice/TPS Assessment and Integrated Photographic Analysis of Shuttle Mission STS-98
NASA-TM-211525: Debris/Ice/TPS Assessment and Integrated Photographic Analysis of Shuttle Mission STS-100
NASA-00187: NASA Cost Estimating Handbook - 2004

To search the Library's on-line catalog go to: **<http://nasagalaxie.larc.nasa.gov/>**
For questions call 867-3613 or **<mailto:KSCLibrary@jbosc.ksc.nasa.gov>** (TA-E1)

AUTHENTICATED:

Marilee Tewksbury

Marilee Tewksbury, Center Services (TA-E1)



BE CAUTIOUS AROUND FLAMMABLE HAZARDS; THEY MAY SURPRISE YOU.



SECURITY AMBULANCE FIRE
911 or 7-7911

UNOFFICIAL

CAFETERIA MENU FOR WEEK OF OCTOBER 25-29

Monday	Tuesday	Wednesday	Thursday	Friday
Soup: White Chicken Chili Carb Conscious Combo Chicken Cordon Blue and Asparagus in Lemon Butter Blue Plate Special Meat Loaf, Macaroni & Cheese, Vegetable of the day & 16 oz. Beverage, \$4.00	Soup: Minestrone Soup Carb Conscious Combo Cheesy Chili Bake and Steamed Broccoli Blue Plate Special Spaghetti w/Meat Balls, Garlic Bread, & 16 oz. Beverage, \$4.00	Soup: Turkey Noodle Soup Carb Conscious Combo Baked Crusty Chicken and Zucchini Gratin Blue Plate Special Country Fried Steak w/ Country Gravy, Vegetable of the day & 16 oz. Beverage, \$4.00	Soup: Calico Bean Soup Carb Conscious Combo Cheddar Meat Loaf and Twice-Baked Fauxtatoes (Mock Potatoes) Blue Plate Special Stuffed Chicken Breast, Vegetable of the day & 16 oz. Beverage, \$4.00	Soup: New England Clam Chowder Carb Conscious Combo Parmesan Catfish and Crusty Topped Cauliflower Blue Plate Special Beef Goulash, Vegetable of the day & 16 oz. Beverage, \$4.00

Assorted vegetables, salads, desserts, and beverages available daily. Soup: bowl \$1.40/cup \$0.80. Each day a "Price Value Meal" or "Grill Price Value" is available and will be posted in each cafeteria. La Pomadora: A variety of Pizza, Stromboli, Calzone or Pasta is available daily.

KSC BARRACUDAS: The KSC Barracudas Skin and Scuba Diving Club holds monthly general meetings on the third Tuesday at 7:00 pm at the Merritt Island Public Library, 1195 N. Courtney Parkway, Merritt Island, FL 32953. All members and guests are invited. For more information, contact Bill Little at 476-4282 or email at cudas@mindspring.com. Visit our web site at www.mindspring.com/~cudas/home.html

KSC DANCE CLUB - BEGINNER LATIN DANCE LESSONS: The KSC Dance Club is offering beginner Latin dance lessons starting Tuesday, November 2, 2004, at KARS 1 and will run for four weeks. Classes will be held from 5:00 - 6:30 pm. and the cost is \$60 per person or \$110 per couple. The class is limited to 20 students. Must have a KARS card. Please contact Ms. Lee Furis at 454-9303.

KSC DANCE CLUB - INTERMEDIATE LATIN DANCE LESSONS: The KSC Dance Club is offering intermediate Latin dance lessons starting Tuesday, November 2, 2004, at KARS 1 and will run for four weeks. Classes will be held from 6:30 - 8:00 pm. and the cost is \$60 per person or \$110 per couple. The class is limited to 20 students. Must have a KARS card. Please contact Ms. Lee Furis at 454-9303.

NASA EXCHANGE: Today is the last day to come to the NASA Exchange sponsored book fair in the MFF cafeteria. The hours are from 9:00 am until 3:00 pm. But don't fret! The fair will return to the SSPF and HQ cafeteria next week. Log on to the NASA Exchange web site at <http://nasaexchange.ksc.nasa.gov> and go to our calendar section for more information. We also have Halloween, Thanksgiving and Christmas merchandise in our stores. Hurry in before they are all gone!

KSC EXCHANGE--HAIR SHOPS: Need a "hair repair"? Visit us in the HQ building, room 1251 (7-7077), or come to the OSB building, room 1118 (1-3026). We also do military cuts, flat tops, beard trims and much more. Call ahead for an appointment!

KSC EXCHANGE- CITGO GAS STATION: Pay at the pump is open 24 hours, 7 days a week, for gas and diesel. CITGO and all major credit cards accepted. For information, call 453-1254.

KENNEDY SPACE CENTER FEDERAL CREDIT UNION REPOS: Repos located at the Merritt Island office. *ALL REPOS 2.99% APR.* 1998 Ford Explorer, V-6, 2-door, Sport, \$5,995; 2002 Chevy Silverado 1500, 1/2 ton, V-8, \$16,500, call 455-9400, extension 1122. See pictures at www.kscfcu.org

FLORIDA INSTITUTE OF TECHNOLOGY: Rated one of "America's Best National Universities" by U.S. News & World Report. FL Tech's School of Management offers the MBA, the MBA with concentration in Acquisition and Contract Management, MBA with concentration in Accounting Track, and the MS in Engineering Management. Contact Sharon Anderson sanderso@fit.edu for additional information. Applications are being accepted for **Spring 2005** semester, which begins **January 10, 2005** for the School of Management located at Kennedy Space Center and Patrick Air Force Base. The School of Extended Graduate Studies offers the MS degree in Computer Information Systems, which does not require a GRE, thesis or comprehensive exam. Also offered are MS degrees in Computer Science, Software Engineering, Space Systems and Space Systems Management. Evening classes are held at the School of Extended Graduate Studies located at the Kennedy Space Center, Patrick Air Force Base and Palm Bay. Apply now for **Spring 2005** semester. Contact Claire Maliszewski cmalisze@fit.edu for additional information.

BREVARD COMMUNITY COLLEGE'S INSTITUTE FOR BUSINESS TRAINING & COMMUNITY EDUCATION: Brevard Community College's Institute for Business Training & Community Education has developed a menu of non-credit accelerated computer training classes especially with your needs in mind. The classes are specifically designed to assist you in day-to-day operations of various computer software packages and to equip you with the knowledge and skills for career enrichment and/or advancement. Courses include A+ Certification, Linux Red Hat, MCSE/MCSA, CCNA/CCNP, Website Development, DreamweaverMX, MS SQL DBA, E-Commerce, Network Security, TCP/IP, UNIX/Linux, Internet Safety/Security, XML Series, and more. Visit www.bcctraining.com for all of our course listings or call us at 433-7510 if you are interested in a customized course. You'll learn in a friendly environment that will leave you wanting more computer skills!

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY: Embry-Riddle Aeronautical University's Space Coast Center offers certificate, undergraduate, and graduate degree programs relating to the areas of safety, aerospace, and management. We offer five terms per year in a classroom setting and monthly on-line courses. Classrooms are located at PAFB and in Melbourne, Titusville and at KSC, Complex H. We are planning a Master of Science in Technical Management (MSTM) cluster to be held at Barry University on Merritt Island and have 15 of the 20 students needed. To learn more about our programs, please call Jan Bridgham, (321) 783-5020, visit us at 1020 Central Ave, Suite G, PAFB, FL 32925, <mailto:space.coast.center@erau.edu> or click www.embryriddle.edu/spacecoast.

UNIVERSITY OF MIAMI: (Cape Canaveral Program) - CALLING ALL ENGINEERS. The University of Miami will begin accepting applications for the Master of Science in Industrial Engineering (MSIE). Applicants can start the program - fall (October/November) 2004. Courses are held Friday evenings and Saturdays to accommodate working professionals. For more information and to receive an application/brochure, please call Mr. Augusto Roca, Program Administrator at 1-305-284-4100 or send email to augusto@miami.edu.

UNIVERSITY OF MIAMI: (Cape Canaveral Programs) The University of Miami will begin accepting applications for the Master of Science in Management of Technology (MSMOT) and Master of Science in Industrial Engineering (MSIE) starting spring 2005. Both programs will be taught in Cape Canaveral. Courses are held Friday evenings and Saturdays to accommodate working professionals. For more information and to receive an application/brochure, please call Mr. Augusto Roca, Program Administrator at 1-305-284-4100 or send email to augusto@miami.edu.

WEBSTER UNIVERSITY: Webster University is currently accepting applications for the Master of Arts in Counseling degree. If you are interested in pursuing this degree, send an email to Carol A. Marx at <mailto:marxc@webster.edu> with your name, address, and phone number or call at 449-4506. Classes begin in January 2005. This is a limited access program; other programs are also available at the Merritt Island campus. For further information about Webster University, go to our website at www.webster.edu/spacecoast or call 321-449-4506.

WEBSTER UNIVERSITY: Webster University will once again begin accepting applications for the Master of Arts in Computer Resources and Information Management degree. If you are interested in pursuing this degree, send an email to Carol A. Marx at <mailto:marxc@webster.edu> with your name, address, and phone number or call at 449-4506. Please pass this information along to a friend or co-worker who may also be interested. For further information about Webster University, go to our website at www.webster.edu/spacecoast or call 321-449-4500.

PERSONAL



CARPPOOLS

Join Vanpool: New Smyrna to the VAB/OSB, 1st shift, 861-4302.

Join Carpool: Cypress Springs/Waterford Lakes Area, to KSC Hqs, CIF, O&C, Space Station area, 7:30 am to 4:00 pm, Edwin, 904-382-6202, after 4:00 pm.

Ride needed: Palm Bay to Pad-A or Pad-B, 7:00 to 3:30, Swanson, 861-6359/722-9084.

GARAGE SALE

Garage Sale: October 23, 8:00 am-3:00 pm, 5140 Palm Ave., Canaveral Groves, office desks, many chairs, auto parts, 639-2996.

Garage Sale: October 23, 8:00 am-12:00 pm, 7130 Hundred Acre Drive, Port St. John, 1/2 mile off Grissom via Falcon, dark room, camera equip, 631-3398.

Yard Sale: October 23, 4857 Hawley Rd. Pt. St. John, women's plus size clothes, CD's, purses, party light candles, picture frames, furniture, 634-5743.

REAL ESTATE FOR SALE

Time Share: Cocoa Beach, 2bd/2ba, \$6500/BO; Kissimmee, LikiTiki Resort, 1bd/1.5ba, waterpark, fishing, boating on-site, close to Disney, \$7500/BO, 269-8376.

Town House: Cocoa Beach, Banana Bay, 2 bd/2ba, 2 story, extra clean, furnished, \$205,000, 267-8212.

AUTOMOBILES AND RV'S FOR SALE

1984 Jeep CJ-7, runs, looks good, great for hunting season, \$3000, 427-8616.

1984 Z-28 Camaro, glass T-tops, good tires, A/T, good condition, little rust, not running, have extra 305hp engine w/stand, \$500/firm, 243-4281.

1986 Chevy Astro van, reliable, body in good condition, 170K miles, \$800/BO; 1986 Buick Skylark, 2-door, A/C, P/S, P/B, clean, \$2500/BO, 455-9376.

1986 22' Viking pop up camper, sleeps 7, A/C, microwave, refrigerator, awning, good shape, \$1000/BO, 951-7227.

1988 Honda Civic LX, good simple working car, needs TLC, \$1000, 639-7225.

1989 Damon 27' motorhome w/Ford 460 ci., needs nothing, \$10,500, 631-2236.

1989 Thunderbird, V6, 214K miles, cold A/C, looks and drives great, \$1500; 1991 Chevy S-10 Blazer, 4x4, 4.3L, 195K miles, A/C, body has rust, \$500, 223-3932.

1991 Acura Legend LS, 2-door, sunroof, excellent condition, runs great, original owner, \$6500/BO, 698-8620.

1991 Infiniti Q-45A, active suspension, leather, pearl white, 145K miles, good tires, power everything, A/C needs control head, \$1500, Nick, 385-1881.

1991 Mazda MX-6, 89K miles, runs great, mechanically sound, Tom, 269-5892.

1992 Lincoln Continental, firemist blue, w/dark blue leather interior, 125K miles, \$2650/BO, 777-7026.

1992 GMC Sierra Z-71, off-road, 4-wheel drive, 165K miles, \$4000/BO, 453-1951/693-7340.

1992 Pontiac Trans Sport minivan, runs great, 126K miles, seats 7, great for work or play, \$1000, 383-7526.

1994 Dodge Grand Caravan, 6 cyl, 140K miles, loaded, clean, \$3500, Dennis, 427-8209.

1995 Dodge Neon, 37mpg, A/T, P/S, P/B, A/C, well maintained, blue exterior, gray interior, 141K miles, runs great, \$1200, 267-4686.

1995 Honda Odyssey EX, 5-door, fully loaded, \$4750, 639-8346.

1996 KIA Sephia, 4-door, 5-speed, custom wheels and tires, A/C, CD, AM/FM, runs great, 30mpg, \$2400, 268-0950.

1996 Mercury Villager IS, 160K miles, good condition, loaded, new tires, \$4000, 267-6451.

1997 Ford Taurus, 3.0L, V6, runs good, no smoke, \$225/BO, 662-2029.

AUTOMOBILES AND RV'S FOR SALE (Continued)

1998 Buick Park Avenue Ultra, black/gray leather interior, 118K miles, \$4990, Jeffery, 698-7100.
1998 KIA Sephia, A/T, A/C, red, 4-door, spoiler, AM/FM, runs good, needs work, 29mpg, \$2100/BO, Mitch, 433-0657.
1998 Acura, 2.3C.L., 5-speed, teal/tan leather, 215K miles, \$3900, 433-3078.
1999 Chevy S10, black, cold A/C, 5-speed, 2.2L, LT package, Centerline rims, \$3500, Rod, 536-9766.
1999 Chevy Silverado, 4x4, extended cab, 4-door, green/grey interior, \$13,800/BO, 383-1648.
1999 Pontiac Grand Prix SE, V6, 3.8L, 4-door, A/C, C/C, alarm, keyless entry, AM/FM/cassette, runs, looks great, \$5450/BO, Rick, 383-9331.
2000 24' Fourwinds travel trailer, fully loaded, sleeps 6, excellent condition, non smoker, \$8500, 267-6286.
2001 Mustang GT convertible, 22K miles, flawless, grey w/black top, 5-speed, fully loaded, leather, CD, power everything, plus extras, \$17,500, 407-249-5097.
2001 Dodge 1500 Quad Cab Sport Edition, 46K miles, tow package, 5.9L, A/C, P/W, P/L, excellent condition, \$14,000, 452-5075.
2001 Hyundai Elantra, 42K miles, P/W, P/L, cold A/C, tinted, runs great, no problems, \$7500, 243-8049.
2001 Hyundai Accent GL, black, 83K miles, P/W, P/L, CD, A/C, runs good, dependable car, \$3500, Mike, 795-7423.
2002 Ford F150 King Ranch Supercab, leather, green, \$17,500/BO, 504-3471.
2002 Lexus GS 300, DVD, navigation system, Mark Levinson audio, loaded w/features, remainder of factory warranty, pearl white, \$29,900, 750-2492.
2003 Mustang Cobra, Limited Edition, #1996 of 8000, all paper verification, red, only has 7280 miles, \$29,500, 268-1879.

HOUSEHOLD FURNISHINGS FOR SALE

King size brass headboard w/rails, \$200; cherry Queen Anne style coffee table and end table w/glass tops, \$75, available 10/29/04, 433-1305.
Antique small oak desk, \$160, 783-0808.
Extra long Craftmatic adjustable twin bed, \$500/firm, Rick, 783-2019.
Oak armoire, \$300; double recliner, \$150; oak end table, \$60, 504-7220.
Couch w/2 end recliners, full bed, wedge and extra seat, multicolored, just cleaned, \$350, 690-0821.
Somma queen water bed & frame, soft side water cylinders in PVC tray, \$250/BO, 407-760-8323.
Small desk w/shelves, drawers, small computer stand, excellent condition, \$40/all, 452-6125.
Household furnishings, http://photos.yahoo.com/harm_dogg, click on Jean, BO, 832-385-4435.
Lazy Boy rocker/recliner, blue, \$135; polished pewter floor lamp & table lamp, coffee and end tables, \$35/each, 242-7357.
Broyhill dining room set, table w/6 chairs, 4 side, 2 arm, & hutch, cream colored w/glass, \$500, 455-6659.
Cargo brand cottage-style solid pine twin bed, includes headboard, footboard, slats & rails, \$100, 633-8065.
Entertainment center, particle board w/golden oak veneer, holds 32" TV, component shelf, two door cabinet, VHS tape cabinet, \$75, James, 543-7867.
Deacons bench, from old church, beautiful natural wood, approximately 4' long, \$375, Bill, 242-0472.
Little Tikes twin girl's bed, headboard shaped like house, \$125/BO; queen size pedestal bed w/night stand, \$200/BO, 639-3578.
Oak crib w/Simmons mattress, like new condition, \$125; Jenny Lind changing table, like new, \$40, 383-1286.
Waterbed, queen, maple color, sheets/mattress pad, new waveless mattress, new liner, heater, excellent condition, \$150, 454-9565/223-5388.
Childcraft oak crib w/Sealy mattress, \$100, 453-1497.
Child's school desk, 2, \$5/each; cream colored sofa, \$100; blue print sofa, \$100, good condition, 264-9698.
Dining set, 40"x 40" off white wood top, 4 upholstered chairs, \$200; old oak armless rocker, \$100; white rattan table, 36" w/glass top, \$25, 632-6299.

APPLIANCES FOR SALE

Upright freezer, 13.4 cu.ft., \$100/BO, 302-6002.
Kenmore washer and dryer, works great, \$200/both, Gary, 268-5007.
Frigidaire dishwasher and oven, never installed, white, \$350/both, 986-8987.
Sears Kenmore Carousel 850 watt microwave oven, good operating condition, \$20; large toaster oven, \$5, 868-1895.
Sears Kenmore washer, \$100, 264-9698.
Microwave oven, digital, black, \$20, 632-6299.



MOTORCYCLES & EQUIPMENT FOR SALE

1986 Harley Davidson, good condition, 1 owner, dual plugs, branch heads, custom front end, lots of extras, \$11,000/BO, Cathy, 453-8722.
1996 Sportster Sport, saddle bags, dual disk brakes, luggage rack, K&N air filter, windshield, fog light kit, tires, all new, \$7200/BO, 264-9778/268-1654.
2000 Yamaha TT90, very good condition, \$975, 639-1041.
2001 Kawasaki Ninja ZX9R, w/5200 miles, mint condition, garaged, many extras, great all around sport bike, \$6500, 407-249-5097.
2001 Suzuki Savage 650cc, black, 3200 miles, garage kept, new battery, spark plug, and carrier rack, barely broken in, great starter bike, \$2500, Rob, 593-2339.
2002 Honda Shadow Sabre, silver flame paint, 15K miles, lots of extras, transferable warranty, \$6300, 433-2252.
2002 Suzuki GSXR 1000, 2K miles, extras, red, black & silver, immaculate condition, \$7500, 267-8212.
Race Go-Kart, twister frame, 5hp Briggs, BO, James, 631-5872.

BOATS & EQUIPMENT FOR SALE

9'6" Kayak, Rascal Wilderness system, one-man, sit in, 50 lbs, paddle, vest, \$250, 386-423-4988.
17.5' 1996 Regal Bowrider, 4.3L V6, SST prop, galvanized trailer, low hours, excellent condition, lots of extras, \$8200, 633-0352.
19' 1998 Bayliner Capri series, 135hp, low hours, excellent condition, \$5500, 268-5936.
1994 Carolina Skiff J-16, flatbottom, center console, bench seat, casting platform, rod holders, trailer, 1997 30hp Johnson, \$2500/firm, 386-547-5058.
1997 Searay, 175 inboard, 4 cyl, perfect condition, all safety equipment included, very low hours, new tires/rims on trailer, \$7500/BO, 452-9832.
1999 Yamaha outboard, 15hp, like new, very low hours, \$1299/BO; Whisker poles, anchors, lifeline netting, foul weather gear, compasses, hatches, 783-4818.
40 lb. thrust trolling motor, great shape, 11 hours used, \$300/BO, Gary, 543-6316.
SeaDoos, 4 each, 91 SPI, 92 SP, 95 GTX, 96 GTX, 1 Polaris 96, 1050SLTX, call for pricing, Guy, 632-0035.
1996 SeaDoo SPX, runs great, 2003 galvanized trailer, vests, \$1200/BO, 459-2967, after 3:00 pm.
Stainless Steel 3 blade propeller, Johnson/Evinrude 85-140, V4, 13x19 13 spline, new hub, \$75/BO, 298-1587.

MUSICAL INSTRUMENTS & ELECTRONIC EQUIPMENT FOR SALE

TAMA Blue Swingster 5 piece drum set, 18" bass, 2 16" and 14" Sabian cymbals, 1 20" Paiste cymbal, Throne, BO, Zaintz, 407-365-8702.
AT&T cordless telephone, 2.4 GHz w/caller ID and call waiting, great condition, new \$49, sell \$25, 795-1809.
Two 2GHz desktop computer systems, each complete w/monitor, keyboard, mouse, desk, 1 system set up for gaming, 2nd dual processor, \$400/each, 269-1212.
Polk Audio standard floor speakers, \$300, 504-7220.
Sprint Samsung N200 cell phone w/desktop and portable chargers, \$25, 832-385-4435.
Ibanez arch top electric guitar, sunburst finish, dual humbuckers, like new, \$275, Gary, 984-1456.
Digital camcorder, JVC model GR-DV120U, www.jvc.com for picture and details, used a couple of times, bag/wires, msrp, \$599.95, sell \$400, 407-383-8469.
ATI built Radeon 7000, 64MB DDR PCI VGA video card, paid \$100, sell \$40, Erin, 501-9679.
Audiobahn 40 band/channel EQ w/line driver, retail \$900, sell \$550; Audiobahn 10 farad capacitor bank, retail \$700, sell \$450, 269-9982/478-319-0583.
Brand new, still in box, Hewlett Packard P720 17" flat screen, not flat panel, PC monitor, retails for over \$240, sale \$75/firm, 386-956-6584.

MISCELLANEOUS

Tires & rims, 17", great shape, new tires, set of 4, \$650, 407-592-1201.
VW toddler car bed, like new, \$60/BO, 268-9701.
Mountain bike, great condition, \$50, 302-6002.
4 each Super Swampers, 38x13x16, \$400, 863-8603.
Pickup topper, 8' bed, fiberglass, blue, \$150, 783-0808.
Tonneau cover, fits 1997 to 2003 Ford F-Series flare side truck, \$75/BO, Kevin, 759-7914.
Little Tikes Talking Vanity, \$10; Step 2 Yellow Rocking Fish, \$10, Sloan, 631-4116.
Graco double stroller, \$75, 459-9718.
2002 club-cart, front and rear seat, charger, windshield, roof, white in color, very good condition, \$2250/firm, 508-2518.
Mower, Yard Machine, high wheeler, 22" mulcher w/6hp Briggs & Stratton engine, good condition, \$75, 783-4818.
Trailmate 7504 lawn edger, 2hp, heavy duty, many adjustments available, good condition, \$87, Pat, 459-1321.
1986 Camaro, 6 cyl, 5-speed, radiator, drive train, rear end, runs good, \$1000/BO, Cathy, 453-8722.
Generator, 3.25K, purchased new in August, used only 3 days, two-year warranty, \$350, 773-1023.
Altus ankle and wrist weights, adjustable 2-10 lbs, pair, BO; tennis rackets, 2/each, racquetball racket, BO, 544-7435.
1982 Ford 300 Inline 6 engine, new plugs and wires, carburetor cylinder head, and distributor runs good, \$200; Chevrolet rear end, 1 ton, \$300/BO, 632-7735.
All in one home Band Flex gym, like new, \$100, 268-5936.
2 each 23C Beseler enlargers in excellent condition, everything needed for a dark room, Minolta Spotmeter F, brand new, 631-3398.
Reactor under body neon light kit w/street glow transformer, 3 blue neon light switch and wiring, 1 year old, universal fit, \$40/BO, David, 636-6344.
Set of 4 tires and rims, 8 lug Atlas rims, 37.1350 17 Perral Jones tires, 5 months old, \$1150/BO, 403-4150.
8' slate pool table, ball and claw legs, all solid oak, perfect condition, \$1600, 633-0352.
Pro-form Cross trainer 970 exercise bike, w/programmable computer, almost new, \$200, 633-8065.
Ice cold Coca-Cola 80's machine, short stock, 29"x57"x27", coin operated w/lock & key, holds 5 selection of 12oz cans, 180+ cans, exc. cond., \$500, 727-1671.
2 white 4 blade ceiling fans w/light fixtures, 4 years old, \$20/each/BO, Carol, 783-8676.
Mopar Performance BB finned alum valve covers/air cleaner set, \$100; 8" Ford rear housing, \$75; 2 Mopar rally wheels, 4.5" BC, 14x5, \$50/both, 453-1880.
1988 Jaguar XJS rear-end, independent suspension, POSI-TRAC, complete, \$500, 264-1581.
Space Coast Paintball tickets, \$25 value only \$20/each, 383-1981.
Chevy 4 bolt 350 block 0.60 over, \$250; 1973 steel crank truck 350, \$400, Mike, 269-0084.
Wedding dress, like new, size 6, traditional, \$300; Pro-Form 540 w/incline, fitness programs, \$600; outdoor light timer, photoelectric, \$15, 386-423-4988.
Chevy 10- bolt rear axle, BO, 452-8191.
PETSAFE large dog containment system, new box, contains collar, wire, transmitter, video, etc., \$115/BO, 728-4892.
Ladies black leather vest, size 6, \$25, 636-3694.
8" P.T. posts, 16'-20' long, \$32-\$40/each, 268-4495.
B&D Electric 5hp 14" push mulcher lawnmower, \$35, Alice, 453-1497.
Antique Photo printing equipment; pin-hole camera from 1800's; very old movie cameras, 631-3398.
Alpine climber, small size, \$20; Rodgers silverplate, service for 12, \$100; old tapestry, nice scene, \$30, 632-6299.

MISCELLANEOUS WANTED

Working computers to donate to local school, PII, 200 mhz, or greater, 64 MB ram minimum, Bill, 267-0820.
Daybed w/trundle, white porcelain or light wood finish, reasonably priced, Betty, 633-6826.
2 tickets to any Tampa Bay Bucs game, 698-6426.
Entertainment center, high quality solid wood only please, 452-2053.
Alloy rims for 1999 or newer Ford, 8 lug, 302-8456.
Block hugger headers for SB-350, coated/non-coated, Bob, 543-3971.
Used plywood, preferably interior grade, Scott, 383-8488.

FOR SALE OR TRADE

1985 Toyota Camry, standard, white, 4-door, runs good, needs minor repairs, for 5 x 8 lawn trailer, Mitch, 433-0657.

